

Sonoma County Intergroup Fellowship

NEWS

January
2019

Get the latest meetings listings, upcoming events and more at www.sonomacountyaa.org

Sonoma County Intergroup Fellowship Presents

Steps 10, 11 & 12

The "Maintenance Steps"

seminar & discussion



Wednesday, January 30, 2019 6:30 - 8:00pm

A.A. Bookstore, 750 Mendocino Ave, Santa Rosa

Info: Donna L. (707) 568-5330

Website Updated

Yes. We've had our challenges with the website. Links sometimes don't link and meeting pages sometimes don't work. So, what's the problem?

Well, the software for the website has been very outdated. So, new stuff wasn't working as it should. After much time, research, hair pulling and agonizing, I've been able to upgrade the software with the help and cooperation of our hosting company.

(Cont. pg. 2 Website)

Surrender

Surrender is that moment when we realize and acknowledge to our innermost selves that we cannot stop drinking. That the option to "not drink" has been removed. That will power and desire to stop drinking have no effect to change our behavior.

We may use different internal and external words like "I need help" or "I cannot do this anymore" or "I'm through living in this hell." Before surrender, our life was one of attempts to manage and control our drinking and everything else. These efforts were futile. But it may take us many years to realize the reality of that statement.

Negative consequences were usually rationalized away or ignored, so that we could shift our attention to our "go to," — alcohol. It seemed to be the answer to every situation in our lives: Anxiety, sadness, relief, joy, celebration, depression. The mental preoccupation with alcohol can only be understood by an alcoholic.

In the back of our mind was always the thought "do I have enough alcohol on hand for today," or, "when can I take my next drink," or, "I need more." We seemed to rush to get to the reward; the next drink. (Continued on Page 2)

Disclaimer: The Fellowship News is the monthly newsletter of Sonoma County Intergroup Fellowship. Opinions contained herein are strictly those of the authors. Publication of opinions, articles, and announcements does not represent endorsement, approval, or affiliation by Intergroup. We reserve the right to edit submissions for clarity, language, length and content that violates A.A. Traditions.

SCIF CENTRAL OFFICE 750 Mendocino Ave., Suite 10 Santa Rosa, CA 95401

Manager: Glenn C. Asst. Manager: Carolyn A. Phone: (707) 546-2066 Fax: (707) 566-9677

Email:

bookstore@sonomacountyaa.org

FALL & WINTER HOURS

Mon-Thur 10am - 5pm
Friday 10am—6pm
Saturday 11am - 3pm
Sunday Closed

The Bookstore is Closed on these Upcoming Holidays

New Years Jan 1 Memorial Day May 27

www.aa.org www.aagrapevine.org www.sonomacountyaa.org www.cnca06.org www.socypaa.org (Cont. from pg. 1—Surrender)

Surrender is our moment of release from the powerful hold alcohol has on us. It is a moment of sanity and humility.

Eventually, we realize we do not have the answer to our lives. That our best efforts have left us broken, ashamed, humiliated, and defeated. Now, it is exactly in this moment that we are released and begin to feel the freedom from alcohol. We begin to learn how to live a completely new life. We "let go" and "let God."

Gradually, surrender becomes a daily practice. Many of us start the day with the Third Step Prayer. We learn to pause when agitated; to stop our automatic response to a situation; relax and find our soul's integrity. We look for opportunities to serve others in and outside of AA.

Our life has a new meaning. This is the gift of sobriety.

Respectfully submitted, Rose B.

(Cont. from pg. 1—Website). True to form, website upgrades come with their own set of problems. This upgrade is no different. It went smoother than expected. However, weird stuff started happening: Broken links, strange errors, etc. I spent most of the last weekend working on it. Just when I fixed one thing, something else would break.

I pulled out the 'manual', it said, "pause, when agitated or doubtful." I applied those instructions, frequently. It appears to be working pretty well, now. But, there will probably be problems until we can take care of all the bugs. For assistance, simply email webmaster@sonomacountyaa.org, and we'll take care of it as soon as possible.

We think this upgrade will allow us to improve the site, markedly. But, this will take more time and input from the fellowship. More will be revealed.

By the way, the Meetings Page is now at http://www.sonomacountyaa.org/meetings2/meetings. If you have the page bookmarked in your browser, you'll need to change it.

In service, Kelli E.

H & I

"Faith may often be given through inspired teaching or a convincing personal example of its fruits. It may sometimes be had through reason. For instance, many clergymen believe that St. Thomas Aquinas actually proved God's existence by sheer logic. But what can one do when all these channels fail? This was my own grievous dilemma. It was only when I came fully to believe I was powerless over alcohol, only when I appealed to a God who just might exist, that I experienced a spiritual awakening. This freedom-giving experience came first, and then faith followed afterward—a gift indeed!" [Letter from Bill W., 1966 (Bill died on January 24, 1971)]

On December 6, 2017, the Hospitals & Institutions Committee welcomed our new meeting reps: Noel G., representing Beginners' Group; Joann R., A Vision for You; Sean H., There is a Solution; Blake N., Young & Young at Heart (Rohnert Park); Monica B., Women's Step Study & Discussion; Trey W., The Young and Sober Group; Unona G., Monday Night Speaker Meeting; and Jackson C., Third Step Group (Windsor). Thank you all for being of service to H&!!

Welcome also to our visitors: Trudy, Laura and Eric. Keep coming back!

Over 123 years of sobriety were being celebrated by H&I members for December!

Are you willing to share your gift of sobriety with an alcoholic who is confined? For suggestions on how to do just that, please come to the next meeting of the H&I Committee, Wednesday, January 3, 2018, at 6:15 pm. As always, everyone is welcome to attend the orientation that begins at 5:45. The location is the Community of Christ Church, 1495 W. Steele Lane, on the corner at Range Avenue. (Parking is on Range, behind the church, with additional parking at the ice arena).

In service, Mardi

MEETING CHANGES

GLEN ELLEN New Location

Saturday 10:30 am: Womens Book Group Church, 5311 O'Donnell Lane (From Sonoma Developmental Center)

> Monday 7 pm: Eldridge Group moved to: 5311 O'Donnell Ln., Glen Ellen

CLOVERDALE

Tuesday 8 am: **Big Book Study**Moved to 201 Commercial St.

Thurs. 7 pm: On Fire (New day & time: Wed. 6:30 pm, New place: 201 Commercial St.)

SANTA ROSA

Tues. 7 pm: Womens
Perspective

Thurs. 7-8 pm
Talking Stick Moving
from Findley Park to:
Quaker Meeting Ctr.
1647 Guerneville Rd.
Effective 1/3/19

NEW MEETINGS

SANTA ROSA

Mon. 8 pm **Big Book Study** 3554 Round Barn Blvd., Rm. L (Changed from Rm. H)

Wed. 1 pm **Open Topic Mtg.**, Salvation Army Chapel, Sr. Center, 115 Pierce St.

NO LONGER MEETING

PETALUMA

Thurs. 6 pm: **Everything**

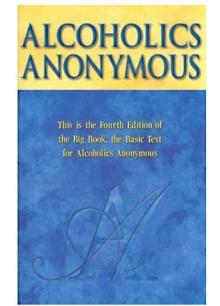
Changes

CLOVERDALE

Tuesday 6 pm: Sisters In Step

Fri. Noon: As Bill Sees It Sat. 9 am: Spiritual Awaken-

Live & Let Live



Big Book Comes Alive

Mon 2/18 through Mon 4/8 Dr. Mark week #2 2/25

7:30pm to 9:30pm (5:30pm dinner) BRING YOUR BIG BOOK & 12 and 12

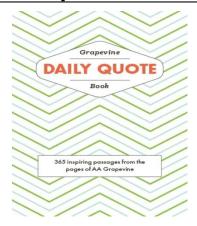
Dinner is planned for each week prices may vary
Sonoma County Alano Club
1050 Petaluma Blvd. N
(707)782-0588

Sonoma County Intergroup Fellowship Bookstore

Need coffee to get warm during the cold winter days? The bookstore has a variety of coffee mugs with various AA themes. Come in and pick up a coffee mug today!



Sale Book for January Grapevine Daily Quote Regular price \$16.99; Sale price \$13.59



750 Mendocino Avenue, Suite 10, Santa Rosa 707-546-2066; Monday –Thursday 10AM-5PM, Friday 10AM-6PM, Saturday 11AM-3PM

SONOMA COUNTY INTERGROUP FELLOWSHIP GENERAL MEETING - November 26, 2018

The meeting opened at 7:35pm with the Serenity Prayer & Preamble: Tradition 11: Susy. Concept 11: Rosemary.

INTRODUCTION OF NEW REPRESENTATIVES: Lou Anne-Sunday Smiles, Jonnie-Check It Out, Rosemary-Young Women's Meeting, Matt-High Steppers Meeting, Cindy-Working winners.

BIRTHDAYS: Lee(8yrs); Francis(23yrs).

OFFICER REPORTS:

Chair: (James C.) We will be having our December General Meeting on the 26th, which is a Wednesday, instead of Monday, at the same time.

Vice Chair: (Justin C.) We had five new reps tonight. A reminder that in January we will be having elections for officer positions.

Secretary: (Patrick B.) Previous minutes were passed.

Treasurer: (Francis. B) Group contributions for October, were \$6,441, which was \$1,289 more than October, of last year, we received \$8 from bank interest and \$200 in group insurance fees for a total of \$6,649. After expenses we had a net gain of \$3,090. Bookstore income was \$6,579. After expenses we had a net loss of \$287. We received \$200 in group insurance fees. Actual loss of \$87 We had a net Loss from Halloween Dance of \$701. Overall, we had a net gain of \$2,302.

Registrar: (Craig. H) As of November 26th, 2018, there were 235 groups in Sonoma County, offering 347 meetings each week. There are 169 meeting representatives on record, for 67% participation. There were 60 representatives attending the November, 2018, General Meeting, for 40% participation. There were 4 new reps attending the November, 2018, new rep orientation.

COMMITTEES:

ICSC: (Barry) Welcome to our new ICSC members Eric, and Amy.

BOOKSTORE: (Glenn. C) December sale book: AA in the Military, sale price \$11.19. Note the brochure and list of gift items available at the bookstore. Feel free to take any number of the gift idea sheets but the brochures should be for the literature so please take only one per meeting. We have lots of recovery gifts for sale, such as a recovery bear for \$19.99.

Activities: (Shellie. W) Save the date for the Winter Dance. I could use some help getting flyers out to the various meetings so please take some tonight.

Alkathons: (Max. B) Our Thanksgiving Alkathon went great, and our security helped to keep incidents down. We are in need of volunteers for our next alkathon, as well as a decorations chair.

Newsletter: (Peter. D) I would like some stories from our fellow alcoholics to put in the newsletter relating to your solution. We are having some issues with the website but are working to fix them.

Outreach: (Amber. H) Please look for representation at the meetings you attend.

Seminars: (Donna. L) Our next seminar will be in January on steps 10,11,12.

Teleservice: (Gus. C) Not present.

ICSC NOMINATING COMMITTEE: (Monica. B) Not present.

LIAISONS:

SOCYPAA: (Tatiana) Max fills in. Our next event will be this Friday, at the Sixth street playhouse at 7pm, with a theme of Rocky Horror Picture Show.

Spanish Central Office: (Chris) On December 1st there will be a women's conference in San Francisco.

H&I: (Lee J.) Please come be of service with Hospitals and Institutions.

GENERAL SERVICE: (Bob. F) We will be having an Agenda topics workshop February 16th. We are hosting the Pre-Conference Assembly and need support. Butte county would like some letters from Sonoma county residents describing how they found hope dealing with the fires from last year.

Bridging the Gap: (Mary Ellen) We are in need of a new phone coordinator.

PI/CPC: (Erin H.) We are in need of young speakers, and all of our officer positions were filled for the next two years.

Access Sonoma County: (Alan) Our next planning committee meeting is Sunday, December 16, at 9:00am at the AA Bookstore. (I know Sunday mornings may not be great for everyone who is interested in getting involved, but it seems to be what's best for who is involved now. We can pick some different dates and times, though, so please encourage people to reach out to me if they can't make our next meeting.) Also, Access typically doesn't have a regular business meeting in December, but we will resume our regular meeting schedule in January. We meet on the second Thursday ,of the month at 6:30pm. Location at the AA Bookstore. Our next meeting is January 10.

OLD BUSINESS:

NEW BUSINESS: None

GROUP REPRESENTATIVE SHARING:

Jon-Why are there no phone numbers in the newsletter. Becky-December 1st, there will be a arts and crafts fair at the Petaluma Alano club. Jackie-A.A history symposium is moving. Julian- Petaluma Alano club is having their own alkathons for Christmas and New Years.

Meeting adjourned at 8:22pm with the Responsibility Statement

-In Service, Patrick. B



January 2019



SERVICE MEETINGS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	H & I Meeting Community of Christ Church 5:45 New Rep Orientation 6:15 Business Meeting	3	4	5
6 SOCYPAA First United Methodist Church 7:15pm Business Mtg	General Service Faith Lutheran Church 6:45 Service Manual Study 6:45 New Rep Orientation 7:30 Business Meeting	8	J/CPC S.R. City Hall 7:00 Speaker Training 7:30 Business Meeting	ACCESS SONOMA COUNTY MTG SCIF Bookstore	11	12
13	SCIF SCIF Bookstore 6:30 ICSC Meeting 7:30 Intergroup Steering Committee Meeting	Bridging The Gap SCIF Bookstore 6:00 New Rep Orientation 6:30 Business Meeting	16	17	February Newsletter Deadline	19
SOCYPAA First United Methodist Church 7:15pm Business Mtg	21	22	23	24	25	General Service Area 6 Comm Petaluma Community Center Petaluma, CA
Happy Trails Hike Meet at Coddingtown P.O. 10 am Carpool	Intergroup St Luke Lutheran Church 6:00 Teleservice 700 New Rep Meeting 7:30 Business Meeting	29	30	31		

Community of Christ Church: 1495 W. Steele Lane, SR

Faith Lutheran Church: 4930 Newanga Ave., SR

First United Methodist Church: 1551 Montgomery Dr., SR

Santa Rosa City Hall Underground: First & Santa Rosa Ave., SR

SCIF Bookstore: 750 Mendocino Ave., Suite 10, SR St. Luke Lutheran Church: 905 Mendocino Ave., SR

Now is the time

The election for Intergroup Officers will take place at the Sonoma County Intergroup Fellowship (SCIF) Meeting on January 28, 2019 (4th Monday), at 7:30 pm. Please come to either throw in your hat or to support the candidates who are willing to be available to contribute their time and energy to bring order and meaning into our lives. Our Intergroup members work hard to carry the message of *experience*, *strength and hope* through year round activities, including seminars, dances, supporting the bookstore, and providing this newsletter. By the way, you are all invited to contribute articles, ideas and suggestions to the newsletter editor in care of newsletter@sonomacountyaa.org.

The list of Intergroup Officers with the description of duties can be found below..

In service, Pete D.

SCIF OFFICER POSITIONS & DESCRIPTIONS

Term length for all jobs is one year. Two consecutive terms O.K. All Committee Chairs are required to attend SCIF Steering Committee and General Meetings

CHAIRPERSON: Presides over monthly General and Steering Committee meetings. Maintains direct communication regularly with other officers and committee chairs. Serves on ICSC. Must have/gain general knowledge of A.A. Service Manual, Robert's Rules of Order, Chair's Rules, SCIF business procedures (for conducting Intergroup Business Meeting), and Intergroup history and responsibilities. Sound business or professional background.

Length of sobriety = 4 years. Average monthly time commitment: 12-15 hours.

VICE-CHAIRPERSON: Supports Chairperson in their duties; and fills in for Chairperson should he or she be absent or unable to perform that office (ex. running the monthly General and Steering Committee meetings). Runs the new Rep Orientation before the General meeting, provides the new reps with orientation packets, gives the "what to take back to your meeting" summation at the end of the General meeting, and may be asked to liaise with committee chairs and fill in for absent officers/committee chairs. The Vice Chair should have knowledge of: 1) Intergroup history and responsibilities; 2) current and pending business; 3) Chair's Rules – Parliamentary procedure as informed by A.A'.s Twelve Traditions.

Length of sobriety = 4 years. Average monthly time commitment: 8-12 hours.

TREASURER: Works with Assistant Bookstore Manager and Bookkeeper in overseeing monthly financial statements. Receives and records all monies collected at Alkathons and SCIF activities. Serve on ICSC committee. Sits in on initial planning meetings for all expense-related committees to assist with budgeting questions. Accounting/bookkeeping background helpful.

Length of sobriety = 4 years. Average monthly time commitment: 5-10 hours.

RECORDING SECRETARY: Takes minutes at SCIF General and Steering Committee meetings. Emails drafts to steering committee for approval. Delivers final copy of general meeting minutes to Newsletter Editor and approved copies of both minutes to bookstore manager for archives.

Length of sobriety = 3 years. Average monthly commitment: 6-8 hours.

REGISTRAR: Attends the monthly Steering Committee and General Meeting, Provides report of previous month's attendance statistics. Provides sign in sheets for General Meeting. Updates Excel spreadsheet and generates report for presentation. Sends Secretary New Rep sign in sheet. Eemails monthly report to steering committee. Works with Outreach Chair to identify unrepresented meetings and improve reporting accuracy.

Length of sobriety = 3 years. Average monthly commitment: 3-5 hours.

###

PI/CPC

New officers and committeepersons were elected on November 14. **We still have open positions for Alternate Chair and Bridging the Gap Liaison.** If you know anyone who needs to stay sober through service, please send them to our next meeting.

Our barbeque and speaker training at the Sonoma Fellowship on October 13, was a great success. We filled the Fellowship hall, had fun, and spread the word about the work we do. Come to our next meeting and help us spread the word about what "is and is not" AA. We do this by speaking or contacting professionals, either individually or through groups. Our commitment is fun and exciting.

Our meetings are held on the 2nd Wednesday of the month. Speaker Training is at 7 pm. and the Service Meeting is at 7:30 pm. Speakers require two years sobriety and Young Speakers only need one year sober. All speakers need to have a good twelve step foundation. — Phil C.

SCIF FINANCIAL SUMMARY NOVEMBER, 2018										
Group Supported:	Income	Nov-18 Expense	Net	Nov-17 Net Compari- son	Income	Year to Date Expense	2018 Net	2017 Net Compari- son		
Central Office		(2,308)	(2,308)	(2,251)		(27,136)	(27,136)	(25,665)		
Groups	5,143	(2,000)	5,143	5,345	46,548	(27,100)	46,548	46,770		
Individuals	0,140		0,140	0,010	0		0	0		
Group Insurance			J	J	J		J			
Fee	50		50	0	675		675	0		
Directories		(196)	(196)	(130)	J. J	(2,164)	(2,164)	(2,000)		
Pamphlets &		(100)	(100)	(100)		(=, : : : /	(_,,,,,,,	(=,000)		
Cards		(123)	(123)	(83)		(1,547)	(1,547)	(1,588)		
Newsletter		(489)	(489)	(486)		(5,332)	(5,332)	(5,420)		
Teleservice		(491)	(491)	(361)		(3,995)	(3,995)	(3,915)		
Interest/Bank			, ,	, ,		, ,		, , ,		
Charges	8		8	2	49		49	12		
Subtotal	5,201	(3,607)	1,594	2,036	47,272	(40,174)	7,098	8,194		
Self Supported:										
Bookstore	8,279	(7,783)	496	(476)	80,355	(81,721)	(1,366)	(1,638)		
Group Insurance										
Fee	50		50	0	675		675	0		
Alkathons	1,348	(1,545)	(197)	(295)	1,348	(1,545)	(197)	(295)		
Activities			0		2,739	(3,463)	(724)	819		
Seminars			0			0	0			
Unity Day			0	0	254		254	66		
Subtotal	9,677	(9,328)	349	(771)	85,371	(86,729)	(1,358)	(1,047)		
TOTAL	14,878	(12,935)	1,943	1,265	132,643	(126,903)	5,740	7,147		
Assets & Liabilities										
Cash in Bank & Dath	52,924	Cash in Bank & Petty Memo: Cash 52,924								
Cash in Bank & Petty Cash Prepaid Expenses		5,038	Prudent Reserve (38,308)							
Bookstore Inventory		19,510				Liabilities	73CI VC	(50,300)		
Property	2,657				rianiii(ic9	ŀ	(0,701)			
Subtotal		80,129	Operating Reserve 8,869					8,865		
Liabilities						Operating I	(C)C VC	<u>0,000</u>		
	(5,751)									
Total Assets & Liab	74,378									

A.A. HOTLINES

Santa Rosa (707) 544-1300 Sonoma (707) 938-8508

Spanish Speaking (707) 623-6702

WEB LINKS

Sonoma County Intergroup

Fellowship: www.sonomacountyaa.org

SOCYPAA

www.socypaa.org

California Northern Coastal Area 06

www.cnca06.org

Alcoholics Anonymous

www.aa.org

A.A. Grapevine

www.aagrapevine.org

ADDRESSES

Sonoma County Intergroup Fellowship

750 Mendocino Avenue, Suite 10

Santa Rosa, CA 95401-4846

Sonoma County General Service

P.O. Box 536

Santa Rosa, CA 95402

H & I Area 22 - Treasurer

P.O. Box 192490

San Francisco, CA 94119-2490

General Service Office

P.O. Box 459, Grand Central Station

New York, NY 10163

Calif. Northern Coastal Area - Treasurer

P.O. Box 884222

San Francisco, CA 94188

Sonoma County PI/CPC*

P.O. Box 11305

Santa Rosa, CA 95406

SOCYPAA

1275 4th St. #221

Santa Rosa, CA 95404

If you'd like a monthly email with a link to the online version of "SCIF News," send an email to: newsletter@sonomacountyaa.org with "Subscribe SCIF" as the subject.

CONTACT INFORMATION

SONOMA COUNTY INTERGROUP FELLOWSHIP OFFICERS

(all emails @sonomacountyaa.org;

Chair James C. intergroup@
Vice Chair Justin C. vice-chair@
Secretary Patrick B. secretary@
Treasurer Francis B. treasurer@
Registrar Craig H. registrar@

COMMITTEE CHAIRS

Activities Shellie W activities @
Alkathons Max B. alkathons@
Communications Pete D. newsletter@

~Newsletter/Website

Webmasters Kelli E., Larry B.

Meeting Changes Russell meetingchanges@

ICSC Barry D. icsc@ icscc@ icscnc@.

Outreach Amber H. outreach@
Seminars Donna L. seminars@
Teleservice Gus C. teleservice@

SONOMA COUNTY GENERAL SERVICE - DISTRICT 12

DCMC Claudia N. generalservice@ Denise G. treasurer-gs@ Treasurer Benjamin G. Registrar registrar-gs@ Archivist Lora L.. archivist-gs@ LeRon L. Grapevine grapevine@ Kelli E. Access So.Co. asc(a) Bridging the Gap Jay B. btg(a) PI/CPC Nick R. picpc@ Interp/Transl. Brian W. it@

HOSPITAL AND INSTITUTION COMMITTEE

Chair Steven H. handi@

SONOMA COUNTY YOUNG PEOPLE IN A.A. (SOCYPAA)

Liaison Eliseo F. socypaa@

ALANON/ALATEEN

District 5 Hotline 707-575-6760

TELESERVICE

Teleservice staffs the A.A. hotline, providing 24-hour phone access to a live recovering alcoholic. This is vital Twelfth Step service; providing the hand of A.A. to the alcoholic reaching out for help. Calls are forwarded to your home or mobile phone, and training is provided. There are occasionally open shifts to fill. For information, see Teleservice listing above.